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Made in Vietnam  
Fabriqué en Vietnam  
Hergestellt in Vietnam  
Prodotto in Vietnam

Fabricado en Vietnam  
Geproduceerd in Vietnam  
Сделано в Вьетнаме  
صنع في فيتنام

**OMRON**

## Digital Automatic Blood Pressure Monitor Model M3W Instruction Manual



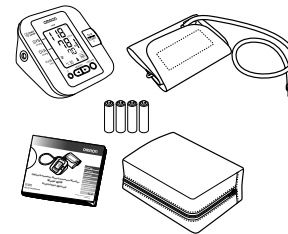
All for Healthcare

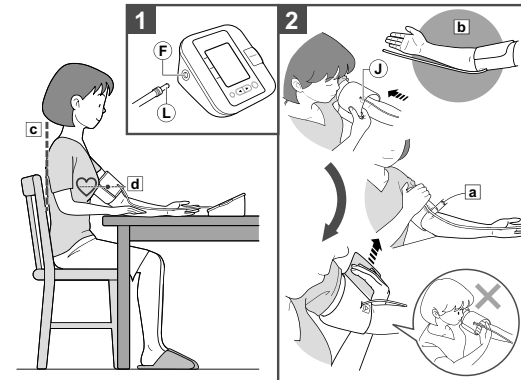
IM-HEM-7202-E(V)-02-01/2012  
5334060-6B

### Check following components!

Vérifier les composants suivants !  
Prüfen Sie folgende Teile des Lieferumfangs!  
Controllare i componenti indicati di seguito!  
¡Compruebe los siguientes componentes!

Controleer de volgende onderdelen!  
Проверьте следующие компоненты!  
تحقق من المكونات التالية!





## Contents

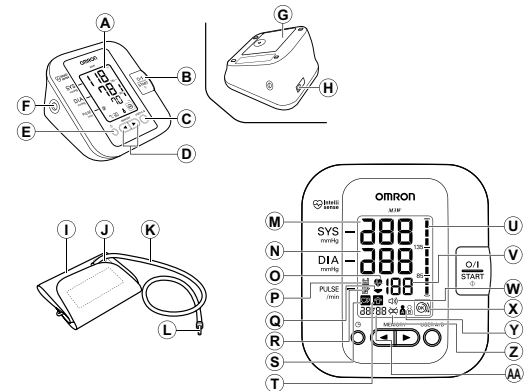
Thank you for purchasing the OMRON M3W Digital Automatic Blood Pressure Monitor. The OMRON M3W is a compact, fully automatic blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly. For comfortable controlled inflation without the need of pressure pre-setting or re-inflation the device uses its advanced "IntelliSense" technology.

### Intended Use

This product is designed to measure the blood pressure and pulse rate of people within the range of the designated arm cuff, following the instructions in this instruction manual. It is mainly designed for general household use. Please read the Important Safety Information in this instruction manual before using the unit.

<b>Important Safety Information</b> .....	<b>1</b>	<b>4. Troubleshooting and Maintenance</b> .....	<b>14</b>
<b>1. Overview</b> .....	<b>3</b>	4.1 The Icons and Error Messages .....	14
<b>2. Preparation</b> .....	<b>4</b>	4.2 Troubleshooting .....	16
2.1 Installing/Replacing the Batteries .....	4	4.3 Maintenance .....	18
2.2 Setting the Buzzer/ Date and Time .....	5	4.4 Storage .....	19
<b>3. Using the Unit</b> .....	<b>6</b>	<b>5. Optional Parts</b> .....	<b>20</b>
3.1 Applying the Arm Cuff .....	6	<b>6. Technical Data</b> .....	<b>21</b>
3.2 How to Sit Correctly .....	7	<b>7. Some Useful Information about Blood Pressure</b> ....	<b>24</b>
3.3 Taking a Reading .....	8		
3.4 Using the Memory Function .....	12		

Please read this instruction manual thoroughly before using the unit.  
Please keep for future reference.  
For specific information about your own blood pressure, CONSULT YOUR DOCTOR.



# Important Safety Information

Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arteriosclerosis.

Please read this section carefully before using the unit.

## **Warning:**

- Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

### **(General Usage)**

- Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.
- People with severe blood flow problems, or blood disorders, should consult a doctor before using the unit, as cuff inflation can cause internal bleeding.

### **(AC Adapter Usage)**

- Never plug in or unplug the power cord from the electric outlet with wet hands.

### **(Battery Usage)**

- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.

## **Caution:**

- Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

### **(General Usage)**

- Do not leave the unit unattended with infants or persons who cannot express their consent.
- Do not use the unit for any purpose other than measuring blood pressure.
- Do not disassemble the unit or arm cuff.
- Use only the approved arm cuff for this unit. Use of other arm cuffs may result in incorrect measurement results.
- Make sure that the air tube is not wrapped around other parts of your body when taking measurements. This could result in injury when the air pressure in the air tube is increased.
- Do not leave the cuff wrapped on the arm if taking measurements during the night. This could result in injury.
- Do not inflate the arm cuff over 299 mmHg.
- Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- Do not operate the unit in a moving vehicle (car, airplane).
- To inflate the cuff manually, refer to Section 3.3. If the cuff is over inflated, it can cause internal bleeding.

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# Important Safety Information

## ***(AC Adapter Usage)***

- Use only the original AC adapter (optional) designed for this unit. Use of unsupported adapters may damage and/or may be hazardous to the unit.
- Plug the AC adapter into the appropriate voltage outlet. Do not use a multiple-tap.
- Do not use the AC adapter if the unit or the power cord is damaged. Turn off the power and unplug the power cord immediately.

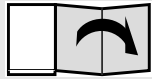
## ***(Battery Usage)***

- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- Use only four “AA” alkaline or manganese batteries with this unit. Do not use other types of batteries.
- Do not insert the batteries with their polarities incorrectly aligned.
- Replace old batteries with new ones immediately. Replace all four batteries at the same time.
- Remove the batteries if the unit will not be used for three months or more.
- Do not use new and used batteries together.

## **General Precautions**

- Do not apply strong shocks and vibrations to or drop the unit and arm cuff.
- Do not take measurements after bathing, drinking alcohol, smoking, exercising or eating.
- Do not forcibly bend the arm cuff or bend the air tube excessively.
- When removing the air tube, pull on the air plug at the connection with the main unit not the tube itself.
- Do not inflate the arm cuff when it is not wrapped around your arm.
- Do not wash the arm cuff or immerse it in water.
- Read and follow the “Important information regarding Electro Magnetic Compatibility (EMC)” in the Technical Data Section.
- Read and follow the “Correct Disposal of This Product” in the Technical Data Section when disposing of the device and any used accessories or optional parts.





# 1. Overview



**Open the rear cover page to read following:**

The alphabet in the rear cover page correspond to those in the body page.

## Main unit

- Ⓐ Display
- Ⓑ O/I START (  ) button
- Ⓒ User A/B button
- Ⓓ Up/Down (  /  ) buttons
- Ⓔ Buzzer and Date/Time setting (  ) button
- Ⓕ Air Jack
- Ⓖ Battery compartment
- Ⓗ AC adapter jack (for optional AC adapter)

## Arm cuff

- Ⓘ Arm cuff (Wide Range Cuff: arm circumference 22-42cm)
- Ⓙ Marker
- Ⓚ Air tube
- Ⓛ Air plug

## Display

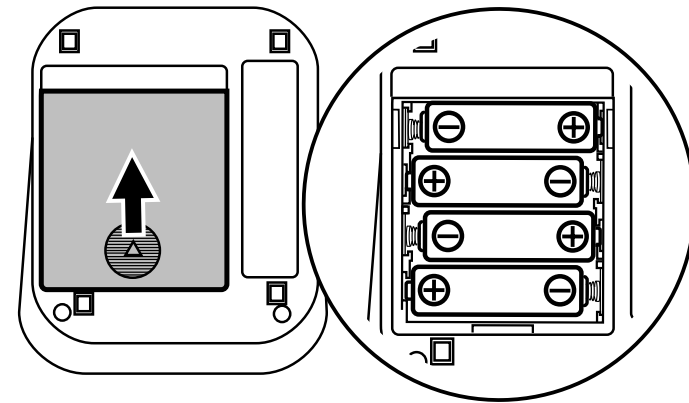
- Ⓜ Systolic blood pressure
- Ⓝ Diastolic blood pressure
- Ⓞ Heartbeat symbol  
(Flashes during measurement)
- Ⓟ Average value symbol
- Ⓠ Deflation symbol
- Ⓡ Memory symbol
- Ⓢ Irregular heartbeat symbol
- Ⓣ Movement error symbol
- Ⓤ Blood pressure level indicator
- Ⓥ Pulse display and Memory number
- Ⓦ Buzzer symbol
- Ⓧ Cuff wrapping guide
- Ⓨ USER ID symbol (A/B)
- Ⓩ Battery low symbol
- ⓂⓂ Date/Time display

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# 2. Preparation

## 2.1 Installing/Replacing the Batteries

1. Remove the battery cover.
2. Insert four “AA” batteries as indicated in the battery compartment and then replace the battery cover.



### Notes:

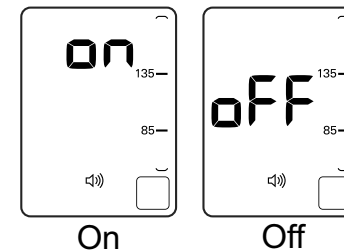
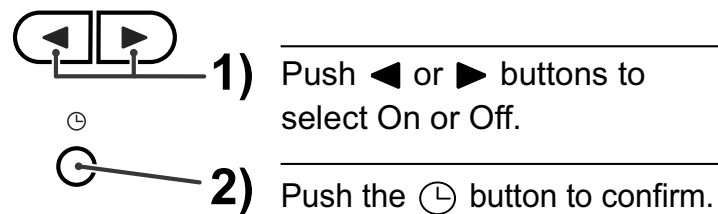
- If the battery low symbol (  ) appears on the display, turn the unit off then replace all batteries at the same time.
- The measurement values continue to be stored in memory even after the batteries are replaced.

Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

### 2.2 Setting the Buzzer/ Date and Time

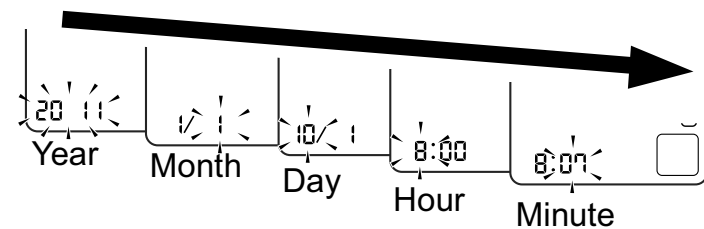
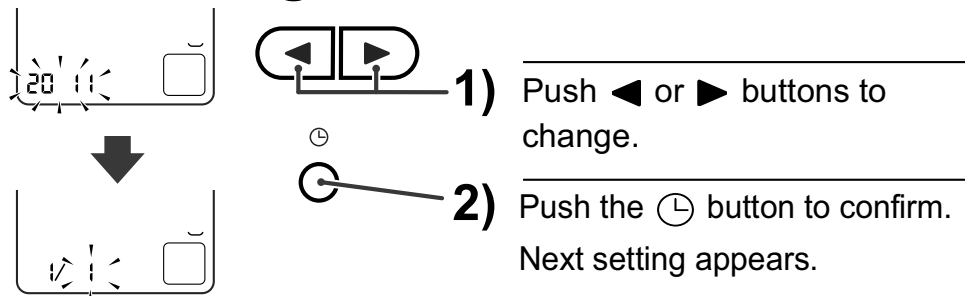
1. Press the  button.

2. Set the Buzzer.



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3. Set the monitor to the correct date and time before taking a measurement for the first time.



4. Press the O/I START button to store the setting.

**Notes:**

- If the batteries have been removed for 30 seconds or more, the date and time setting will need to be reset.
- If the date and time are not set, “-:--” appears during or after measurement.

# 3. Using the Unit



**Open both the front and rear covers to read following:**

The alphabet and number in the cover page correspond to those in the body page.

## 3.1 Applying the Arm Cuff

Remove tight-fitting clothing or tight rolled up sleeve from your upper arm.  
Do not place the cuff over thick clothes.

---

**1. Insert ① the air plug into ② the air jack.**

---

**2. Put your arm through the cuff loop.**

---

**3. Position the arm correctly.**

The bottom edge of the cuff should be ③ 1 to 2 cm above the elbow. ④ Marker (arrow under tube) is centred on the middle of your inner arm. Close the fabric fastener **FIRMLY**.



**Notes:**

- When you take a measurement on the right arm, air tube will be at the side of your elbow. Be careful not to rest your arm on the air tube. --- ⑤
- The blood pressure can differ between the right arm and the left arm, and therefore also the measured blood pressure values can be different. OMRON recommends to always use the same arm for measurement. If the values between the two arms differ substantially, please check with your physician which arm to use for your measurement.




### 3.2 How to Sit Correctly

To take a measurement, you need to be relaxed and comfortably seated, under comfortable room temperature. No eating, smoking or exercising 30 minutes before taking a measurement.


- Sit on a chair with your feet flat on the floor.
- Sit upright with your back straight. --- 
- The cuff should be at the same level as your heart. --- 

#### ***Cuff wrapping guide***

The Cuff Wrapping Guide is a unique feature that indicates if the cuff is not wrapped tightly enough around the arm. Even when the  is displayed, a blood pressure reading will be taken.

#### **Note:**

This reading is **NOT** reliable due to the incorrect wrapping of the cuff. Please wrap the cuff again, taking care to wrap it correctly and take the measurement again.

When the  is displayed, the cuff is correctly wrapped tightly enough on the arm and the reading is accurate and reliable.

### 3.3 Taking a Reading

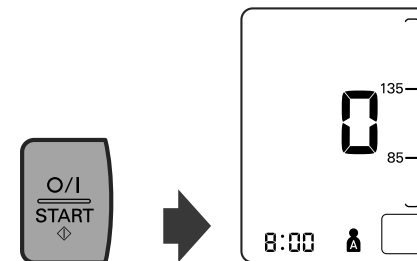
**Notes:**

- To cancel a measurement, press the O/I START button to turn off the unit and to release the air in the arm cuff.
- Remain still while taking a measurement.

The monitor is designed to take measurements and store the measurement values in the memory for two people using USER ID A and USER ID B.

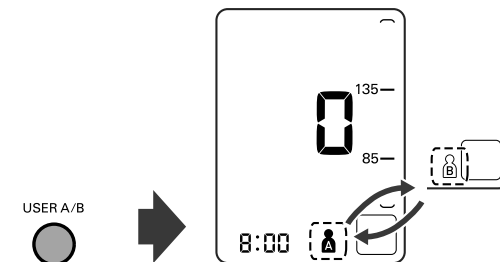
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#### 1. Press the O/I START button.



---

#### 2. Select your USER ID (A or B).



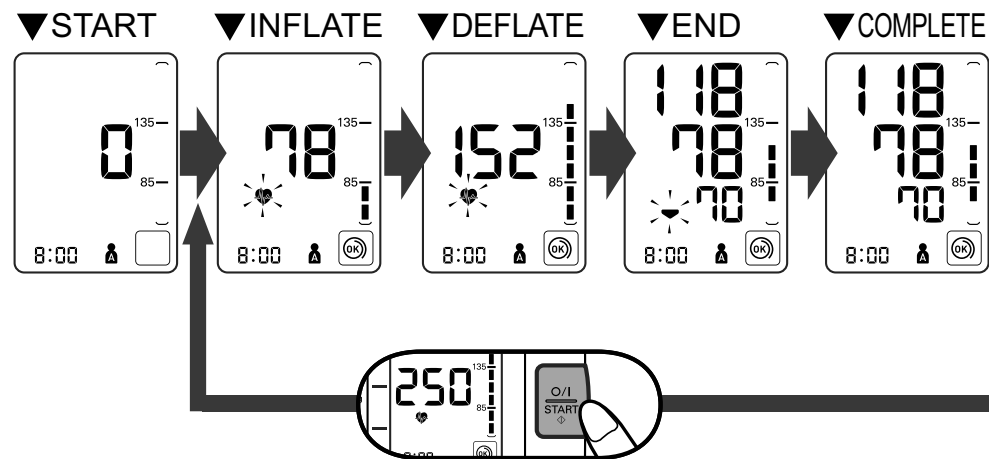
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#### 3. Press the O/I START button again.

The cuff will start to inflate automatically.

The buzzer will sound when measurement is completed.

### 3. Using the Unit



#### ***If your systolic pressure is more than 220 mmHg***

After the cuff starts to inflate, press and hold the O/I START button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.

#### **Notes:**

- The monitor will not inflate above 299 mmHg.
- Do not apply more pressure than necessary.

#### **Notes:**

- During measurement, the buzzer (if set to “on”) will beep in rhythm with your heartbeat.
- Wait 2-3 minutes before taking another blood pressure measurement. Waiting between readings allows the arteries to return to the condition prior to taking the blood pressure measurement.

#### **⚠ Warning:**

**Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.**

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### 3. Using the Unit

#### 4. Remove the arm cuff.

#### 5. Press the O/I START button to turn off the monitor.

The monitor automatically stores the measurement in its memory.  
It will automatically turn off after five minutes.

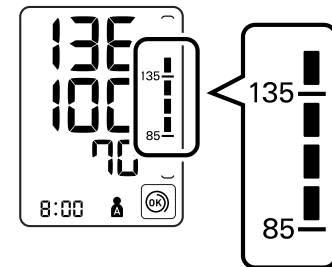
**Important:**

- Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.





Systolic Blood Pressure	Above 135 mmHg
Diastolic Blood Pressure	Above 85 mmHg

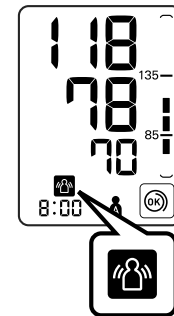
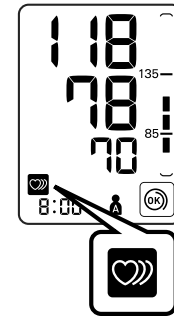
This criteria is for home blood pressure measurement.

For professional office blood pressure measurement criteria, please refer to Chapter 7.



### 3. Using the Unit

- Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeats can influence the results of the measurement. The irregular heartbeat algorithm automatically determines if the measurement is usable or needs to be repeated. If the measurement results are affected by irregular heartbeats but the result is valid, the result is shown together with the irregular heartbeat symbol (  ). If the irregular heartbeats cause the measurement to be invalid, no result is shown. If the irregular heartbeat symbol (  ) is shown after you have taken a measurement, repeat the measurement. If the irregular heartbeat symbol (  ) is shown frequently, please make your doctor aware of it.
- If you move during measurement, the movement error symbol (  ) will appear on the display. Keep still and repeat the measurement.



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### 3.4 Using the Memory Function

The monitor automatically stores the result up to 60 sets for each user (A and B). It can also calculate an average reading based on the measurements from the last three readings taken within 10 minutes. If there are only two readings in memory for that period, the average will be based on two readings. If there is one reading in memory for that period, the average will be based on one reading.

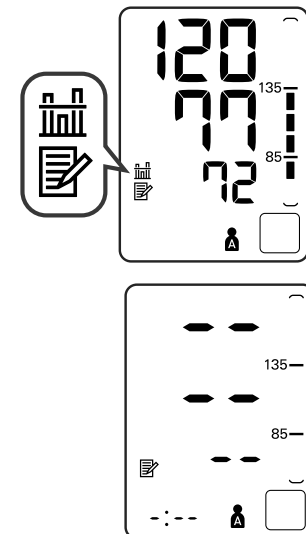
**Notes:**

- If the memory is full, the monitor will delete the oldest readings.
- When viewing the reading taken without setting the date and time, “-:--” is displayed instead of the date and time.

#### *To View the Average Value*

1. Press the ◀ or ▶ button.
2. Select your USER ID (A or B).

**Note:** If there are no measurements results stored in the memory, the screen to the right is displayed.



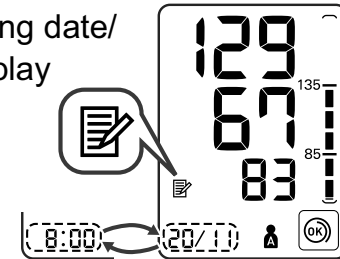
### 3. Using the Unit

#### *To View the Readings Stored in Memory*

##### **1. Press the ◀ button, while the average value is displayed.**

The Memory number appears for a second before the pulse rate is displayed. The newest set is numbered “1”.

Alternating date/  
time display



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##### **2. Press the ◀ or ▶ button to view the readings stored in memory.**

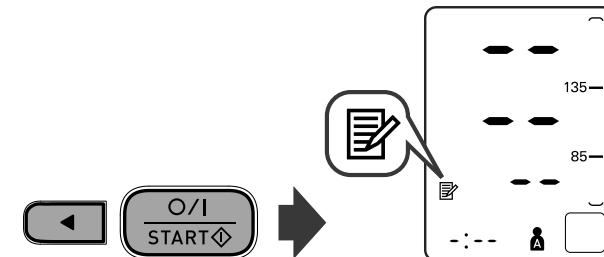
◀ : To the older readings

▶ : To the more recent readings

#### *To Delete All the Values Stored in Memory*




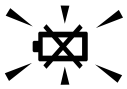

The values stored in the memory are deleted by USER ID. When the memory symbol (📄) appears, first press the ◀ button. Then while holding it down, press the O/I START button simultaneously for about 2-3 seconds.

**Note:** You cannot partially delete values stored in the memory. All values for the user you select will be deleted.



# 4. Troubleshooting and Maintenance

## 4.1 The Icons and Error Messages

Error Display	Cause	Remedy
	Irregular or weak pulses are detected.	Remove the arm cuff. Wait 2-3 minutes and then take another measurement. Repeat the steps in section 3.3. If this error continues to appear, contact your doctor.
	Movement during measurement.	Carefully read and repeat the steps in section 3.3.
	Cuff is not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
 Blink	The batteries are low.	You should replace them with new ones ahead of time. Refer to section 2.1.
 Lit	The batteries are exhausted.	You should replace them with new ones at once. Refer to section 2.1.



## 4. Troubleshooting and Maintenance

Error Display	Cause	Remedy
EE	Cuff is under inflated.	Carefully read and repeat the steps listed under section 3.3.
E	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
	Air plug disconnected.	Insert the air plug securely. Refer to section 3.1.
	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace cuff with new one. Refer to Chapter 5.
EE	The arm cuff was inflated above 299 mmHg when inflating the cuff manually.	Do not inflate the arm cuff above 299 mmHg. Refer to section 3.3.
Er	Device error.	Contact your OMRON retail outlet or distributor.

**Note:**

The irregular heartbeat symbol (  ) may also be displayed with error messages.

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## 4. Troubleshooting and Maintenance

### 4.2 Troubleshooting

Problem	Cause	Remedy
The reading is extremely low (or high).	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Movement or talking during measurement.	Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.2.
Arm cuff pressure does not rise.	The air tube is not securely connected into the main unit.	Make sure that the air tube is connected securely. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to Chapter 5.
Arm cuff deflates too soon.	The arm cuff is loose.	Apply the cuff correctly so that it is firmly wrapped around the arm. Refer to section 3.1.
Cannot measure or readings are too low or too high.	The arm cuff has not been inflated sufficiently.	Inflate the cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.